

CLAIM

I claim:

1. An interchangeable, multi-functional and portable exercise device capable of assisting an individual perform chin-up, pull-up and dip exercises, the device comprising:

A flexible and substantially inelastic component used as a sling;

A plurality of securely hanging, extensible, elastomeric link segments; and

A means for releasably securing the elastomeric link segments to the sling and the chin-up and/or dip exercise equipment, or any other suitably positioned anchor points;

whereby the flexible and substantially inelastic component is securely attached to, and suspended between, the securely hanging elastomeric link segments thereby creating the sling; and whereby the user engages a portion of his/her body within the suspended sling and proceeds with the exercises while extending the elastomeric links; and whereby the elastic resistance produced by the extending elastomeric links supplies an upward force that counteracts a portion of the users body weight and thereby making the exercise easier to perform.

2. The device of claim 1 whereby the flexible and substantially inelastic sling comprises: a narrow length of at least one type of flexible and substantially non-stretchable material; at least one non-pass through pocket provided substantially at each end of the device and positioned in a region substantially central to the width of the device; and at least one grip enhancing component; wherein, the provision of the at least one grip enhancing component within a pocket creates an anti-slip grip for an engagement means at least partially encircling the width of the device when the user performs tension related exercise activities.

3. The device of claim 1 wherein the flexible and substantially inelastic sling component is comprised of a water absorbing material such that when disassembled from the device of claim 1 it can function as an independent exercise and fitness aid.